

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

This document contains websites and online resources for menu planning and food production in the U.S. Department of Agriculture's (USDA) [Child Nutrition Programs](#). The USDA's Child Nutrition Programs include the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP), Fresh Fruit and Vegetable Program (FFVP), Special Milk Program (SMP), Seamless Summer Option (SSO) of the NSLP, Child and Adult Care Food Program (CACFP), CACFP At-risk Afterschool Meals, and the Summer Food Service Program (SFSP). For more program-specific resources, see the CSDE's resource lists below.

- [Resources for the CACFP Meal Patterns](#)
- [Resources for the Preschool Patterns](#)
- [Resources for the School Meal Patterns for Grades K-12](#)
- [Resources for the SFSP Meal Patterns](#)

Resources are listed by main category. Many websites contain information on multiple content areas. The inclusion of commercial websites or products is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

Sponsors of the Child Nutrition Programs must ensure that local menus comply with the USDA meal patterns. When using recipes and menus that are not from the USDA, sponsors should check these resources for compliance with the USDA meal patterns, and adapt as needed.

For resources on menu planning for special diets, see the CSDE's document, [Resource List for Special Diets in Child Nutrition Programs](#). For resources on the requirements for Child Nutrition Programs, see the CSDE's document, [Resource List for Child Nutrition Programs](#). For additional resource lists related to nutrition and healthy school environments, visit the CSDE's [Resources for Child Nutrition Programs](#) webpage.



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# Resource List for Menu Planning and Food Production in Child Nutrition Programs

## Creating and Promoting Healthy Meals

10 Tips: The School Day Just Got Healthier (USDA):

<https://www.choosemyplate.gov/ten-tips-school-day-just-got-healthier>

Communications & Marketing (School Nutrition Association):

<https://schoolnutrition.org/learning-center/communications-marketing/>

Cornell Center for Behavioral Economics in Child Nutrition Programs:

<http://www.ben.cornell.edu/>

Healthier School Day (USDA):

<https://www.fns.usda.gov/school-meals/healthierschoolday>

Infographic: Healthier School Meals Matter (Robert Wood Johnson Foundation):

<https://www.rwjf.org/en/library/infographics/infographicschoolmeals.html>

Marketing Your School Nutrition Program (ICN):

<https://theicn.org/icn-resources-a-z/marketing-your-SNP>

Menu Planning and Meal Pattern Toolkit (State of Washington Office of Superintendent of Public Instruction): <https://www.k12.wa.us/policy-funding/child-nutrition/school-meals/national-school-lunch-program/menu-planning-and-meal-patterns-toolkit>

Online Training: Focus on the Customer for School Nutrition Managers (ICN):

<https://theicn.docebosaas.com/learn/public/course/view/elearning/60/FocusontheCustomerforSchoolNutritionManagers>

Online Training: Focus on the Customer for School Nutrition Staff (ICN):

<https://theicn.docebosaas.com/learn/public/course/view/elearning/59/FocusontheCustomerforSchoolNutritionStaff>

Online Training: Marketing Your School Nutrition Programs (ICN):

<https://theicn.docebosaas.com/learn/public/course/view/elearning/68/MarketingYourSchoolNutritionPrograms>

Planning Healthy Meals in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Planning-Healthy-Meals-CACFP-Adults>

Planning Healthy Meals in CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Planning-Healthy-Meals-CACFP-Child-Care-Programs>

Planning Healthy Menus: A Companion Booklet to the Florida Child Care Food Program Cookbook (Florida Department of Health Bureau of Child Nutrition Programs):

[http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/\\_documents/planning-healthy-menus.pdf](http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/_documents/planning-healthy-menus.pdf)

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

Smarter Lunchrooms (Action for Healthy Kids):

<https://www.actionforhealthykids.org/activity/smarter-lunchrooms/>

Smarter Lunchrooms (Cornell Center for Behavioral Economics in Child Nutrition Programs):

<http://www.ben.cornell.edu/smarter-lunchrooms.html>

Smarter Lunchrooms (CSDE): <https://portal.ct.gov/SDE/Nutrition/Smarter-Lunchrooms>

Support Healthier School Lunches (Center for Science in the Public Interest):

<https://cspinet.org/protecting-our-health/healthy-school-lunches>

Tools for Schools (USDA):

<https://www.fns.usda.gov/school-meals/tools-schools>

## Food Production

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Healthy Cuisine for Kids (ICN):

<https://theicn.org/icn-resources-a-z/healthy-cuisine-for-kids-2/>

Online Training: Basic Culinary Math: Conversions (ICN):

<https://theicn.docebosaas.com/learn/course/external/view/elearning/112/BasicCulinaryMathConversions>

Online Training: Basic Culinary Math: Measurement (ICN):

<https://theicn.docebosaas.com/learn/course/external/view/elearning/111/BasicCulinaryMathMeasurement>

Online Training: Basic Culinary Math: Operation with Decimals (ICN):

<https://theicn.docebosaas.com/learn/course/external/view/elearning/91/BasicCulinaryMathOperationswithDecimals>

Online Training: Basic Culinary Math: Operation with Fractions (ICN):

<https://theicn.docebosaas.com/learn/course/external/view/elearning/109/BasicCulinaryMathOperationwithFractions>

Online Training: Basic Culinary Math: Operations with Whole Numbers (ICN):

<https://theicn.docebosaas.com/learn/course/external/view/elearning/85/BasicCulinaryMathOperationswithWholeNumbers>

Online Training: Basic Culinary Math: Scaling Recipes (ICN):

<https://theicn.docebosaas.com/learn/course/external/view/elearning/110/BasicCulinaryMathScalingRecipes>

## Resource List for Menu Planning and Food Production in Child Nutrition Programs

Online Training: CARE Connection – Step-by-step Menu Planning in Child Care (ICN):

<https://theicn.docebosaas.com/learn/public/course/view/elearning/54/CAREConnection%E2%80%90Step%E2%80%90by%E2%80%90stepMenuPlanninginChildCare>

Online Training: Culinary Techniques 1: Introduction (ICN):

<https://theicn.docebosaas.com/learn/public/course/view/elearning/7/CT1-Introduction>

Online Training: Culinary Techniques 2: Preparing Fruits, Vegetables, & Salads (ICN):

<https://theicn.docebosaas.com/learn/course/external/view/elearning/8/CT2-PreparingFruitsVegetables&Salads>

Online Training: Culinary Techniques 3: Preparing Entrée Items (ICN):

<https://theicn.docebosaas.com/learn/public/course/view/elearning/9/CT3-PreparingEntreeItems>

Online Training: Culinary Techniques 4: Preparing Soups, Eggs, Dairy & Sauces (ICN):

<https://theicn.docebosaas.com/learn/public/course/view/elearning/10/CT4-PreparingSoupsEggsDairy&Sauces>

Online Training: Culinary Techniques 5: Preparing Breads and Baked Goods (ICN):

<https://theicn.docebosaas.com/learn/public/course/view/elearning/11/CT5-PreparingBreads&BakedGoods>

Online Training: Culinary Techniques 6: Using Seasonings (ICN):

<https://theicn.docebosaas.com/learn/public/course/view/elearning/12/CT6-UsingSeasonings>

Online Training: Portion Control (ICN):

<https://theicn.docebosaas.com/learn/public/course/view/elearning/16/PortionControl>

Online Training: Recipe Adjustments (ICN):

<https://theicn.docebosaas.com/learn/public/course/view/elearning/17/RecipeAdjustments>

Online Training: S.T.A.R. Strategies for Utilizing Standardized Recipes (ICN):

<https://theicn.docebosaas.com/learn/course/external/view/elearning/105/STARStrategiesforUtilizingStandardizedRecipesMay2019>

Online Training: Weights and Measures (ICN):

<https://theicn.docebosaas.com/learn/course/external/view/elearning/19/WeightsandMeasures>

Video: On the Road to Professional Food Preparation: Portion Control (ICN):

[https://www.youtube.com/watch?v=07bpV\\_70e00](https://www.youtube.com/watch?v=07bpV_70e00)

Video: On the Road to Professional Food Preparation: Recipe Adjustment (ICN):

<https://www.youtube.com/watch?v=sfLX-vFV7iI>

Video: On the Road to Professional Food Preparation: Weights and Measures (ICN):

<https://www.youtube.com/watch?v=AOEIrGW76b4>

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## Fruits Component and Vegetables Component

10 Tips: Add More Vegetables to Your Day (USDA):

<https://www.choosemyplate.gov/ten-tips-add-more-vegetables-to-your-day>

10 Tips: Focus on Fruits (USDA): <https://www.choosemyplate.gov/focus-on-fruits>

10 Tips: Healthy Eating for Vegetarians (USDA):

<https://www.choosemyplate.gov/ten-tips-healthy-eating-for-vegetarians>

10 Tips: Kid-friendly Vegetables and Fruits (USDA):

<https://www.choosemyplate.gov/ten-tips-kid-friendly-veggies-and-fruits>

10 Tips: Liven Up Your Meals with Vegetables and Fruits (USDA):

<https://www.choosemyplate.gov/ten-tips-liven-up-your-meals>

10 Tips: Smart Shopping for Veggies and Fruits (USDA):

<https://www.choosemyplate.gov/ten-tips-smart-shopping>

A Field Guide to Salad Bars in Schools (Minnesota Department of Health):

<https://www.health.state.mn.us/communities/healthyeating/docs/saladbars.pdf>

All About the Fruit Group (USDA Choose MyPlate):

<https://www.choosemyplate.gov/eathealthy/fruits>

All about the Vegetable Group (USDA Choose MyPlate):

<https://www.choosemyplate.gov/eathealthy/vegetables>

Best Practices: Handling Fresh Produce in Schools (USDA):

<https://www.fns.usda.gov/best-practices-handling-fresh-produce-schools>

Connecticut Ag in the Classroom (Connecticut Agricultural Education Foundation):

<http://ctaef.org/ag-in-the-classroom/>

Food Buying Guide Section 2: Overview of Crediting Requirements for the Vegetables Component (USDA):

[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Section2\\_Vegetables.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section2_Vegetables.pdf)

Food Buying Guide Section 2: Yield Table for Vegetables (USDA):

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section2\\_VegetablesYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section2_VegetablesYieldTable.pdf)

Food Buying Guide Section 3: Overview of Crediting Requirements for the Fruits Component (USDA):

[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Section3\\_Fruits.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section3_Fruits.pdf)

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Food Buying Guide Section 3: Yield Table for Fruits (USDA):

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section3\\_FruitsYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section3_FruitsYieldTable.pdf)

Fruit and Vegetable Factsheets (University of Nebraska–Lincoln):

<https://lancaster.unl.edu/nep/fruitveggie.shtml>

Fruit and Vegetable Safety (Centers for Disease Control and Prevention):

<https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

Fruits & Vegetables Galore: Helping Kids Eat More (USDA):

<https://www.fns.usda.gov/tn/fruits-vegetables-galore-helping-kids-eat-more>

Fruits & Veggies Nutrition, Storage, and Handling Information (Produce for Better Health Foundation):

<https://fruitsandveggies.org/fruits-and-veggies/>

Fruits and Vegetables (ICN Child Nutrition Sharing Site):

<https://theicn.org/cnss/menu-planning/fruits-and-vegetables/>

Fruits and Vegetables Menu Planning (USDA Healthy Meals Resource System):

<http://healthymeals.nal.usda.gov/menu-planning/fruits-and-vegetables>

Fruits Component for CACFP Adult Day Care Centers (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Fruits>

Fruits Component for CACFP Child Care Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#VegetablesFruits>

Fruits Component for Grades K-12 in School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#fruits>

Fruits Component for Preschoolers in School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Documents#fruits>

Leafy Greens Safe Handling Posters (Iowa State University):

<https://store.extension.iastate.edu/product/hs7>

MyPlate for Kids: Make Half Your Plate Fruits and Vegetables Poster (USDA):

<https://www.fns.usda.gov/tn/myplate-kids-make-half-your-plate-fruits-and-vegetables-poster>



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MyPlate: Focus on Fruits (Lesson 17 from No Time to Train: Short Lessons for School Nutrition Assistants) (ICN):

<https://theicn.org/resources/354/no-time-to-trainshort-lessons-for-school-nutrition-assistants/105416/lesson-17-myplate-focus-on-fruits.pdf>

MyPlate: Let's Talk Vegetables (Lesson 18 from No Time to Train: Short Lessons for School Nutrition Assistants) (ICN):

<https://theicn.org/resources/354/no-time-to-trainshort-lessons-for-school-nutrition-assistants/105417/lesson-18-myplate-lets-talk-vegetables.pdf>

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Encouraging Vegetables (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/NibblesEncouragingVeg\\_Eng.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/NibblesEncouragingVeg_Eng.pdf)

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Growing Colorful Fruits (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/NibblesColorful\\_Fruits\\_Eng.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/NibblesColorful_Fruits_Eng.pdf)

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Growing Colorful Fruits (Spanish) (USDA): [https://www.fns.usda.gov/sites/default/files/resource-files/NibblesColorful\\_Fruits\\_Sp.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/NibblesColorful_Fruits_Sp.pdf)

Online Training: S.T.A.R. Nutrition Education Strategies to Promote Fruit and Vegetable Consumption (ICN):

<https://theicn.docebosaas.com/learn/course/external/view/elearning/106/STARNutritionEducationStrategiestoPromoteFruitandVegetableConsumptionJun2019>

Portion Guide for Fresh Fruits (Start with Half a Cup):

<https://portal.ct.gov/-/media/SDE/Nutrition/SWHAC/PortionGuideFruit85x14.pdf>

Portion Guide for Fresh Vegetables (Start with Half a Cup):

<https://portal.ct.gov/-/media/SDE/Nutrition/SWHAC/PortionGuideVeg85x14.pdf>

Product Formulation Statement for Documenting Vegetables and Fruits in School Meal Programs (USDA):

[https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS\\_Document\\_Vegetables\\_Subgroups\\_Fruits.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Document_Vegetables_Subgroups_Fruits.pdf)

Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):

[https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS\\_Document\\_Total\\_Veg\\_Fruits.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Document_Total_Veg_Fruits.pdf)



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Promoting and Supporting School Salad Bars: An Action Guide for State Health Practitioners (Centers for Disease Control and Prevention):

[https://www.cdc.gov/nccdphp/dnpao/state-local-programs/pdf/promoting\\_supporting\\_school\\_saladbars.pdf](https://www.cdc.gov/nccdphp/dnpao/state-local-programs/pdf/promoting_supporting_school_saladbars.pdf)

Promoting Fruits and Vegetables in Schools: Wellness Policy Opportunities (Produce for Better Health Foundation):

<https://www.fns.usda.gov/promoting-fruits-and-vegetables-schools-wellness-policy-opportunities>

Requirements for the Vegetables Component and Fruits Component for Preschoolers in the ASP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/ASP/VFcomponentASP\\_preschool.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/ASP/VFcomponentASP_preschool.pdf)

Requirements for the Vegetables/Fruits Component for Grades K-12 in the ASP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/ASP/VFcomponentASP\\_gradesK-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/ASP/VFcomponentASP_gradesK-12.pdf)

Requirements for the Vegetables/Fruits Component of the SFSP Meal Patterns (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/ComponentVegetablesFruitsSFSP.pdf>

Seasonal Produce Guide (USDA):

<https://snaped.fns.usda.gov/seasonal-produce-guide>

Serving Vegetables in the CACFP (USDA):

<https://www.fns.usda.gov/tn/serving-vegetables-cacfp>

Standard Operating Procedure (SOP): Washing Fruits and Vegetables (ICN):

<https://theicn.org/resources/181/food-safety-standard-operating-procedures/105739/washing-fruits-and-vegetables-2.docx>

Tips: Focus on Whole Fruits (USDA):

<https://www.choosemyplate.gov/eathealthy/fruits/fruits-tips>

Tools for Schools: Offering Fruits and Vegetables (USDA):

<https://www.fns.usda.gov/school-meals/tools-schools-offering-fruits-and-vegetables>

Vegetable Subgroups in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/VegetableGroupsCACFP.pdf>

Vegetable Subgroups in the NSLP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/VegetableSubgroupsNSLP.pdf>

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Vegetables Component for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Vegetables>

Vegetables Component for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#VegetablesFruits>

Vegetables Component for Grades K-12 in School Nutrition Programs CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Vegetables>

Vegetables Component for Preschoolers in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Documents#vegetables>

Vegetables/Fruits Component for Grades K-12 in the Afterschool Snack Program (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#VegetablesFruitsK12ASP>

Vegetables/Fruits Component for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#VegetablesFruits>

Video: Crediting Fruits and Vegetables in the National School Lunch Program (Maine Department of Education):

<https://www.youtube.com/watch?v=lK9fD9nNn7s>

Video: Crediting Vegetables in Recipes (Maine Department of Education):

<https://www.youtube.com/watch?v=HegOY600fbk>

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

## Grains Component

10 Tips: Make Half Your Grains Whole Grains (USDA):

<https://www.choosemyplate.gov/10-tips-make-half-your-grains-whole-grains>

Adding Whole Grains to Your CACFP Menu (USDA):

[https://www.fns.usda.gov/sites/default/files/tn/FNS\\_USDA\\_CACFP\\_11\\_AddingWholeGrains\\_04-508c.pdf](https://www.fns.usda.gov/sites/default/files/tn/FNS_USDA_CACFP_11_AddingWholeGrains_04-508c.pdf)

All About the Grains Group (USDA Choose MyPlate):

<https://www.choosemyplate.gov/eathealthy/grains>

Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/ComparisonGrainCrediting.pdf>

Cooking Whole Grains (Whole Grains Council):

<https://wholegrainscouncil.org/recipes/cooking-whole-grains>

Grains Component for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Grain>

Grains Component for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Grains>

Grains Component for Grades K-12 in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#Grains>

Grains Component for Preschoolers in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Grains>

Grains/Breads Component for Grades K-12 in the Afterschool Snack Program (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#GrainsBreadsK12ASP>

Grains/Breads Component for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#GrainsBreads>

Identifying Whole Grain Products (Whole Grains Council):

<https://wholegrainscouncil.org/whole-grains-101/identifying-whole-grain-products>

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MyPlate: A Look at Grains (No Time to Train: Short Lessons for School Nutrition Assistants) (ICN):

<https://theicn.org/resources/354/no-time-to-trainshort-lessons-for-school-nutrition-assistants/105418/lesson-19-myplate-a-look-at-grains.pdf>

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Whole Grains Make a Difference (USDA):

[https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesWholeGrain\\_Eng.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesWholeGrain_Eng.pdf)

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Whole Grains Make a Difference (Spanish) (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/NibblesWholeGrain\\_Sp.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/NibblesWholeGrain_Sp.pdf)

Tips: Make Half Your Grains Whole Grains (USDA):

<https://www.choosemyplate.gov/eathealthy/grains/grains-tips>

Video: Crediting Grains in Recipes (Maine Department of Education):

<https://www.youtube.com/watch?v=-moemZbsbn0>

Video: Crediting Grains in the National School Lunch Program (Maine Department of Education):

<https://www.youtube.com/watch?v=9sBqNBt5ALg>

Wheat Foods Council:

<https://www.wheatfoods.org/>

Whole Grain Resource for the National School Lunch and School Breakfast Programs (USDA):

<https://www.fns.usda.gov/tn/whole-grain-resource>

Whole Grain-Rich and Schools (Whole Grains Council):

<https://wholegrainscouncil.org/resources/whole-grain-rich-and-schools>

Whole Grains Council: <https://wholegrainscouncil.org/>

Whole-Grain Rich Foodservice Recipes (Whole Grains Council):

<https://wholegrainscouncil.org/blog/2012/06/new-whole-grain-rich-foodservice-recipes>

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

## Legumes (Dried Beans and Peas)

Beans (ICN Child Nutrition Sharing Site):

<https://theicn.org/cnss/menu-planning/beans/>

Beans and Peas are Unique Foods (USDA):

<https://www.choosemyplate.gov/eathealthy/vegetables/vegetables-beans-and-peas>

California Dry Bean Advisory Board:

<https://calbeans.org/>

Cooking Dry Beans from Scratch Can Be Quick (University of Nebraska-Lincoln Extension):

<https://food.unl.edu/cooking-dry-beans-scratch-can-be-quick>

Crediting Legumes in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditLegumesCACFP.pdf>

Crediting Legumes in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditLegumesSNP.pdf>

Crediting Legumes in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditLegumesSFSP.pdf>

Idaho Bean Commission:

<https://bean.idaho.gov/>

Legume Love in School Meals (School Nutrition Association):

[https://schoolnutrition.org/uploadedFiles/2\\_Meetings\\_and\\_Events/Presentation\\_PDFs/ANC\\_2017/Legume-Love-in-School-Meals.pdf](https://schoolnutrition.org/uploadedFiles/2_Meetings_and_Events/Presentation_PDFs/ANC_2017/Legume-Love-in-School-Meals.pdf)

Pulses in Schools (USDA Pulses):

<https://www.usapulses.org/schools/school-nutrition>

Pulses: Dry Peas, Beans, Lentils & Chickpeas (USA Pulses)

<https://pulses.org/us/>

The Bean Institute (Northarvest Bean Growers Association):

<https://beaninstitute.com/>

Vegetable Subgroups in the National School Lunch Program (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/VegetableSubgroupsNSLP.pdf>

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

## Limiting Added Sugars

10 Tips: Cut Back on Your Kid's Sweet Treats (USDA):

<https://www.choosemyplate.gov/ten-tips-cut-back-on-sweet-treats>

Added Sugar in the Diet (Harvard School of Public Health):

<https://www.hsph.harvard.edu/nutritionsource/carbohydrates/added-sugar-in-the-diet/>

Added Sugars (American Heart Association):

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/added-sugars#.WWDTLfw2zIU>

Cut Out Added Sugars Infographic (American Heart Association):

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/cut-out-added-sugars-infographic>

Know Your Limit for Added Sugars (Centers for Disease Control and Prevention):

<https://www.cdc.gov/nutrition/data-statistics/know-your-limit-for-added-sugars.html>

Limit Fat and Sugar (NIH National Heart, Lung, and Blood Institute):

<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/limit-fat-sugar.htm>

Sugar 101 (American Heart Association):

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/sugar-101>

## Limiting Fat

All About Oils (USDA Choose MyPlate):

<https://www.choosemyplate.gov/eathealthy/oils>

Limit Fat and Sugar (We Can!, NIH National Heart, Lung, and Blood Institute):

<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/limit-fat-sugar.htm>

MyPlate: Lets Talk Oils and Fats (Lesson 22 from No Time to Train: Short Lessons for School Nutrition Assistants) (ICN):

<https://theicn.org/resources/354/no-time-to-trainshort-lessons-for-school-nutrition-assistants/105421/lesson-22-lets-talk-oils-and-fats.pdf>

Saturated, Unsaturated, and *Tran* Fats (USDA Choose MyPlate):

<https://www.choosemyplate.gov/node/5664>

The Skinny on Fats (American Heart Association):

<https://www.heart.org/en/health-topics/cholesterol/prevention-and-treatment-of-high-cholesterol-hyperlipidemia/the-skinny-on-fats>

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

Trans Fats (American Heart Association):

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/trans-fat#.WWDVuvw2zIU>

What are Solid Fats (USDA Choose MyPlate):

<https://www.choosemyplate.gov/what-are-solid-fats>

## Limiting Sodium

Adjusting a Recipe with Herbs and Spices (Lesson 34 from No Time to Train: Short Lessons for School Nutrition Assistants) (ICN):

<https://theicn.org/resources/354/no-time-to-trainshort-lessons-for-school-nutrition-assistants/105432/lesson-34-adjusting-a-recipe-with-herbs-and-spices.pdf>

Cut Down on Sodium (Office of Disease Prevention and Health Promotion):

[https://health.gov/sites/default/files/2019-10/DGA\\_Cut-Down-On-Sodium.pdf](https://health.gov/sites/default/files/2019-10/DGA_Cut-Down-On-Sodium.pdf)

Just the Facts: Be Salt Savvy – Cut Back on Sodium for Healthier School Meals (USDA):

<https://theicn.org/cnss/download/53/other-resources/2053/just-the-facts-be-salt-savvy-cut-back-on-sodium.pdf>

Reduce Sodium in School Meals (Indiana Department of Education):

[www.doe.in.gov/sites/default/files/nutrition/sodium-fact-sheet-revised-idoe.pdf](http://www.doe.in.gov/sites/default/files/nutrition/sodium-fact-sheet-revised-idoe.pdf)

Sodium (USDA Choose MyPlate):

<https://www.choosemyplate.gov/eathealthy/sodium>

Sodium and Food Sources (CDC): <https://www.cdc.gov/salt/food.htm>

Sodium in Your Diet: Use the Nutrition Facts Label and Reduce Your Intake (FDA):

<https://www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet>

What's Shaking: Creative Ways to Boost Flavor With Less Sodium (USDA): [https://choosemyplate-](https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/2015-WhatsShakingInfographic.pdf)

[prod.azureedge.net/sites/default/files/printablematerials/2015-WhatsShakingInfographic.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/2015-WhatsShakingInfographic.pdf)



# Resource List for Menu Planning and Food Production in Child Nutrition Programs

## Low-cost Healthy Eating

10 Tips : Smart Shopping for Veggies and Fruits (USDA):

<https://www.choosemyplate.gov/ten-tips-smart-shopping>

10 Tips: Eating Better on a Budget: (USDA):

<https://www.choosemyplate.gov/ten-tips-eating-better-on-a-budget>

30 Ways in 30 Days to Stretch Your Fruit & Vegetable Budget (Produce for Better Health Foundation):

<https://fruitsandveggies.org/stories/30-ways-in-30-days-to-stretch-your-food-budget/>

Celebrate Your Plate: Recipes for low-cost, tasty meals (Ohio SNAP-Ed):

<https://celebrateyourplate.org/index.php/>

Eating Healthy on a Budget (American Cancer Society):

<https://www.cancer.org/latest-news/eating-healthy-on-a-budget.html>

Expanded Food and Nutrition Education Program (University of Connecticut):

<https://efnep.uconn.edu/>

Feed Your Family Healthfully on a Low Income Budget Kids Eat Right, Academy of Nutrition and Dietetics):

<https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/feed-your-family-healthfully-on-a-low-income-budget>

Food Security (USDA):

<https://www.usda.gov/topics/food-and-nutrition/food-security>

Healthy Eating on a Budget (USDA Choose MyPlate):

<https://www.choosemyplate.gov/eathealthy/budget>

Recipes and Tips for Healthy, Thrifty Meals (USDA, May 2000):

<https://www.fns.usda.gov/cnpp/recipes-and-tips-healthy-thrifty-meals>

SNAP-Ed Connection (USDA): <https://snaped.fns.usda.gov/>

Spend Smart Eat Smart (Iowa State University):

<https://spendsmart.extension.iastate.edu/plan/what-you-spend/>

Tips for Making Healthy School Lunches for Less (CSPI):

<https://cspinet.org/resource/tips-making-healthy-lunches-less>

USDA Food Plans: Cost of Food Reports (monthly reports):

<https://www.fns.usda.gov/cnpp/usda-food-plans-cost-food-reports-monthly-reports>

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

## **Low-fat Dairy**

10 Tips: Got Your Dairy Today? (USDA):

<https://www.choosemyplate.gov/ten-tips-got-your-dairy-today>

All about the Dairy Group (USDA Choose MyPlate):

<https://www.choosemyplate.gov/eathealthy/dairy>

Mooove to Low-fat Dairy (Florida Department of Health):

<http://www.floridahealth.gov/programs-and-services/wic/nutrition-materials/mooove-to-lowfat-dairy/index.html>

School Foodservice (Dairy Council of California):

<https://www.healthyeating.org/Schools/School-Foodservice>

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

## Meal Patterns for Child Nutrition Programs

Afterschool Snack Program Handbook (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPHandbook.pdf>

Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPmealpatternK12.pdf>

Afterschool Snack Program Meal Pattern for Preschoolers (Ages 1-4) (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPmealpatternpreschool.pdf>

Comparison of Meal Pattern Requirements for Child Nutrition Programs (USDA):

<https://portal.ct.gov/-/media/SDE/Nutrition/CNPMealPatternComparison.pdf>

Comparison of Meal Pattern Requirements for Preschool and Grades K-12 in the Afterschool Snack Program of the NSLP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPComparisonPreschoolK12.pdf>

Comparison of Meal Pattern Requirements for Preschool and Grades K-12 in the NSLP and SBP (CSDE): [https://portal.ct.gov/-](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/ComparisonPreschoolK12.pdf)

[/media/SDE/Nutrition/NSLP/Preschool/ComparisonPreschoolK12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/ComparisonPreschoolK12.pdf)

Comparison of Meal Pattern Requirements for the Grains Component in School Nutrition Programs (CSDE): [https://portal.ct.gov/-](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/ComparisonGrainCrediting.pdf)

[/media/SDE/Nutrition/NSLP/Crediting/ComparisonGrainCrediting.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/ComparisonGrainCrediting.pdf)

Comparison of Meal Pattern Requirements for the Milk Component in School Nutrition Programs (CSDE): [https://portal.ct.gov/-](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/ComparisonGrainCrediting.pdf)

[/media/SDE/Nutrition/NSLP/Crediting/ComparisonGrainCrediting.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/ComparisonGrainCrediting.pdf)

Crediting Foods for Grades K-12 in School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs>

Crediting Foods for Preschoolers in School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs>

Crediting Foods in CACFP Child Care Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs>

Crediting Handbook for the Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program>

Crediting Updates for Child Nutrition Programs: Be in the Know! Webinar Series (USDA):

<https://www.fns.usda.gov/tn/crediting-updates-child-nutrition-programs-be-know-webinar-series>

Meal Pattern for the Summer Food Service Program (SFSP):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/SFSPMealPattern.pdf>

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

Meal Pattern Requirements for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Meal Pattern Requirements for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs>

Meal Patterns for CACFP Adult Day Care Centers (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Meal Patterns for CACFP Child Care Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs>

Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs>

Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs/Documents>

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs>

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs>

Meal Patterns for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MealPatterns>

Noncreditable Foods for Grades K-12 in the ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPNoncredK12.pdf>

Noncreditable Foods for Grades K-12 in the ASP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/ASP/NoncreditableFoodsASP\\_gradesK-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/ASP/NoncreditableFoodsASP_gradesK-12.pdf)

Noncreditable Foods for Grades K-12 in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/NoncreditableFoodsSNPgradesK-12.pdf>

Noncreditable Foods for Preschoolers in the NSLP, SBP, and ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/NoncreditableFoodsSNPpreschool.pdf>

Noncreditable Foods in CACFP Adult Day Care Centers (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/NoncreditableFoodsAdultsCACFP.pdf>

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

Noncreditable Foods in CACFP Child Care Programs (CSDE):

[https://portal.ct.gov/-  
/media/SDE/Nutrition/CACFP/Crediting/NoncreditableFoodsCACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/NoncreditableFoodsCACFP.pdf)

Noncreditable Foods in the SFSP (CSDE):

[https://portal.ct.gov/-  
/media/SDE/Nutrition/SFSP/MealPattern/NoncreditableFoodsSFSP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/NoncreditableFoodsSFSP.pdf)

## **Meat/Meat Alternates Component**

10 Tips: Vary Your Protein Routine (USDA):

<https://www.choosemyplate.gov/ten-tips-with-protein-foods-variety-is-key>

Meat/Meat Alternates Component for CACFP Adult Day Care Centers (CSDE):

[https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-  
Centers/Documents#Meat](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Meat)

Meat/Meat Alternates Component for CACFP Child Care Programs (CSDE):

[https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-  
Programs/Documents#Meat](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Meat)

Meat/Meat Alternates Component for Grades K-12 in School Nutrition Programs (CSDE):

[https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-  
Programs/Documents#meats](https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#meats)

Meat/Meat Alternates Component for Grades K-12 in the Afterschool Snack Program (CSDE):

[https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-  
Program/Documents#MMAK12ASP](https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#MMAK12ASP)

Meat/Meat Alternates Component for Preschoolers in School Nutrition Programs (CSDE):

[https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-  
Programs/Documents#meat](https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Documents#meat)

Meat/Meat Alternates Component for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#MMA>

MyPlate: Protein Foods (Lesson 21 from No Time to Train: Short Lessons for School Nutrition Assistants) (ICN):

[https://theicn.org/resources/354/no-time-to-trainshort-lessons-for-school-nutrition-  
assistants/105420/lesson-21-myplate-protein-foods.pdf](https://theicn.org/resources/354/no-time-to-trainshort-lessons-for-school-nutrition-assistants/105420/lesson-21-myplate-protein-foods.pdf)

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Vary Your Protein Food (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/NibblesProtein\\_Eng.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/NibblesProtein_Eng.pdf)

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Vary Your Protein Food (Spanish) (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/NibblesProtein\\_Sp.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/NibblesProtein_Sp.pdf)

USDA Product Formulation Statement for Meat/Meat Alternates (USDA):

[https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS\\_Documenting\\_Meat\\_Meat\\_Alternate\\_Nov\\_2019.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Documenting_Meat_Meat_Alternate_Nov_2019.pdf)

Video: Crediting Meat and Meat Alternates in the National School Lunch Program (Maine Department of Education): <https://www.youtube.com/watch?v=WES8HiegOnk>

Video: Crediting Meat in a Recipe (Maine Department of Education):

<https://www.youtube.com/watch?v=e52So70wtdM>

## Menu Planning for Child Nutrition Programs

Basics at a Glance Portion Control Poster (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/basics-at-a-glance/>

Child Nutrition (CN) Labeling Program (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CNlabel.pdf>

Crediting Foods for Grades K-12 in the Afterschool Snack Program (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#CreditingFoodsGradesK-12>

Crediting Foods for Preschoolers in the Afterschool Snack Program (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#CreditingFoodsPreschoolers>

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers>

Crediting Foods in CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers>

Crediting Foods in Preschool Menus (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources>

Crediting Foods in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs>

Crediting Foods in the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents>

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Menu Planning (ICN Child Nutrition Sharing Site): <https://theicn.org/cnss/menu-planning/>

Menu Planning for CACFP Adult Day Care Centers (“Documents/Forms” section of the CSDE’s Meal Patterns for CACFP Adult Day Care Centers webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers/Related-Resources#MenuPlanning>

Menu Planning for CACFP Child Care Programs (“Documents/Forms” section of the CSDE’s Meal Patterns for CACFP Child Care Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#MenuPlanning>

Menu Planning for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning>

Menu Planning for Preschoolers (CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs#MenuPlanningPreschoolers>

Menu Planning for School Meals (CSDE's Meal Patterns for Grades K-12 in School Nutrition Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs/Related-Resources#MenuPlanningSchoolMeals>

Menu Planning for the SFSP (CSDE's SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MenuPlanning>

Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/MPGpreschool.pdf>

Menu Planning Guide for School Meals for Grades K-12 (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

Menu Planning Tools (ICN Child Nutrition Sharing Site):

<https://theicn.org/cnss/menu-planning-tools/>

OVS for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Offer-versus-Serve-for-School-Nutrition-Programs> )

OVS in At-risk Afterschool Centers in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/AtRisk/OVSAAtRiskCACFP.pdf>



# Resource List for Menu Planning and Food Production in Child Nutrition Programs

OVS in CACFP Adult Day Care Centers (CSDE's Meal Patterns for CACFP Adult Day Care Centers webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers/Related-Resources#OVS>

OVS in the SFSP (CSDE's SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#OVS>

Serving Snacks in the CACFP (USDA): <https://www.fns.usda.gov/tn/serving-snacks-cacfp>

Tips for Evaluating a Manufacturer's PFS (USDA):

<https://fns-prod.azureedge.net/sites/default/files/resource-files/manufacturerPFSstipsheet.pdf>

USDA Memo SP 36-2019: Updated School Meal Guidance:

<https://fns-prod.azureedge.net/sites/default/files/resource-files/SP36-2019os.pdf>

Yield Study Data Form for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/YieldStudy.pdf>

## Milk Component

Allowable Milk Substitutes for Adults without Disabilities in CACFP Adult Day Care Centers (CSDE): <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/MilkSubstitutesCACFPAdults.pdf>

Allowable Milk Substitutes for Children without Disabilities in CACFP Child Care Programs (CSDE): <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/MilkSubstitutesCACFP.pdf>

Allowable Milk Substitutes for Children without Disabilities in in School Nutrition Programs (CSDE): <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/MilkSubstitutesSNP.pdf>

Comparison of Meal Pattern Requirements for the Milk Component in School Nutrition Programs (CSDE): <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/ComparisonMilkRequirements.pdf>

Milk Component for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Milk>

Milk Component for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Milk>

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

Milk Component for Grades K-12 in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#milk>

Milk Component for Grades K-12 in the Afterschool Snack Program (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#MilkK12ASP>

Milk Component for Grades K-12 in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#Milk>

Milk Component for Preschoolers in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources#Milk>

Milk Component for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#Milk>

Milk Substitutes for Children with Disabilities in School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/MilkSubstitutesSchools.pdf>

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Growing Strong with Milk (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/NibblesMilk\\_Eng.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/NibblesMilk_Eng.pdf)

Nibbles for Health Nutrition Newsletters for Parents of Young Children: Growing Strong with Milk (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/NibblesMilk\\_Sp.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/NibblesMilk_Sp.pdf)

## Nutrient Analysis

FoodData Central (USDA):

<https://fdc.nal.usda.gov/>

Nutrient Analysis Software Approved by USDA for Nutrient Analysis (ICN Child Nutrition Sharing Site):

<https://theicn.org/cnss/nutrient-analysis-software-approved-by-usda/>

Software (USDA National Agricultural Library, Food and Nutrition, Information Center):

<https://www.nal.usda.gov/fnic/software>

What's in Food (nutrition.gov): <https://www.nutrition.gov/topics/whats-food>

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

What's in the Foods You Eat Search Tool (USDA Agricultural Research Service):

<https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/whats-in-the-foods-you-eat-emsearch-tool/>

## Recipes

Sponsors are responsible for ensuring that local menus meet the USDA meal patterns and should review the meal pattern contribution of all recipes. For more information, see “[Meal Patterns for Child Nutrition Programs](#)” in this document.

CACFP Tofu Recipe Guide (Wisconsin Department of Public Instruction):

[https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/tofu\\_recipe\\_guide.pdf](https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/tofu_recipe_guide.pdf)

Chef-designed School Lunch Recipes (Idaho Department of Education):

[https://www.education.ne.gov/wp-content/uploads/2017/07/Recipes\\_Idaho.pdf](https://www.education.ne.gov/wp-content/uploads/2017/07/Recipes_Idaho.pdf)

Child Nutrition Recipe Box (ICN): <https://theicn.org/cnrb/>

Florida Child Care Food Program Cookbook (Florida Department of Health Bureau of Child Nutrition Programs):

<http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/cookbook.html>

Food Hero Quantity Recipes (Oregon State university):

<https://foodhero.org/quantity-recipes>

Fruit and Veggie Quantity Cookbook (New Hampshire Obesity Prevention Program):

<https://www.dhhs.nh.gov/dphs/nhp/documents/cookbook.pdf>

Let's Cook Healthy School Meals (Project Bread):

<http://www.projectbread.org/children-and-schools/lets-cook-healthy-school.html>

Measuring Success with Standardized Recipes (ICN): [https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Measuring\\_Success\\_Standardized\\_Recipes\\_NFSMI.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Measuring_Success_Standardized_Recipes_NFSMI.pdf)

Multicultural Child Care Recipes (USDA):

<https://www.fns.usda.gov/tn/recipes-cacfp>

Multicultural Recipes for Child Care Centers, Family Day Homes & Adult Daycare Centers (Texas Department of Agriculture):

[http://www.squaremeals.org/Portals/8/files/cacfp/New%20Meal%20Pattern/CACFP\\_Multicultural%20Recipe%20Cards\\_Web%20file%20no%20graphics\\_book%20layout.pdf](http://www.squaremeals.org/Portals/8/files/cacfp/New%20Meal%20Pattern/CACFP_Multicultural%20Recipe%20Cards_Web%20file%20no%20graphics_book%20layout.pdf)

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

MyPlate Kitchen (USDA):

<https://www.choosemyplate.gov/myplatekitchen>

New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks (Vermont Agency of Education):

<https://vermontfarmtoschool.org/resources/new-school-cuisine-cookbook-nutritious-and-seasonal-recipes-school-cooks-school-cooks>

Recipes (The Lunch Box):

<https://www.thelunchbox.org/recipes-menus/recipes/>

Recipes and Menus (The John Stalker Institute):

<http://johnstalkerinstitute.org/blog/jsi-resource-center/recipes-and-menus/>

Recipes for Healthy Kids: Cookbook for Child Care Centers (USDA):

<https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers>

Recipes for Healthy Kids: Cookbook for Homes (USDA):

<https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes>

Recipes for Healthy Kids: Cookbook for Schools (USDA):

<https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-schools>

Recipes for School Food Service (ICN Child Nutrition Sharing Site):

<https://theicn.org/cnss/recipes-for-school-food-service/>

Recipes, Cookbooks, and Menus (USDA Choose MyPlate):

<https://www.choosemyplate.gov/eathealthy/recipes-cookbooks-and-menus>

Standardized Recipe Form for School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/StdRecipeSchools.doc>

Standardized Recipe Form for the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/StdRecipeCACFP.doc>

Taste Testing and Evaluating Recipes (ICN Child Nutrition Sharing Site):

<https://theicn.org/cnss/taste-testing-and-evaluating-recipes/>

Team Nutrition Recipes (USDA):

<https://www.fns.usda.gov/tn/team-nutrition-recipes>

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

## Sample CACFP Menus

Sponsors should review all sample menus for compliance with the revised CACFP meal patterns, effective October 1, 2017. Sample menus developed prior to this date might not meet the current CACFP meal patterns. For information on the CACFP meal patterns, visit the CSDE's [Meal Patterns for CACFP Child Care Programs](#) and [Meal Patterns for CACFP Adult Day Care Centers](#) webpages.

CACFP Meal Pattern Posters (USDA):

<https://www.fns.usda.gov/tn/meal-pattern-posters-cacfp>

CACFP Sample Menus (The Nemours Foundation):

<https://healthykidshealthyfuture.org/cacfp/>

Sample Child and Adult Care Menu (New York State Department of Public Health):

<https://www.health.ny.gov/prevention/nutrition/cacfp/docs/cacfp-182.pdf>

Sample Child and Adult Menu (New York State Department of Health):

<https://www.health.ny.gov/prevention/nutrition/cacfp/docs/cacfp-182.pdf>

Sample Cold Breakfast Menus for CACFP Adult Day Care Centers (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/adultmenubreakcold.pdf>

Sample Cold Breakfast Menus for CACFP Child Care Centers and Homes (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/menubreakcoldCACFP.pdf>

Sample Cold Lunch and Supper Menus for CACFP Adult Day Care Centers (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/adultmenulunchcold.pdf>

Sample Cold Lunch and Supper Menus for CACFP Child Care Centers and Homes (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/menulunchcoldCACFP.pdf>

Sample Cycle Menu (National CACFP Sponsors);

[https://www.cacfp.org/files/2215/0713/5758/NCA\\_Sample\\_Cycle\\_Menu.pdf](https://www.cacfp.org/files/2215/0713/5758/NCA_Sample_Cycle_Menu.pdf)

Sample Hot Breakfast Menus for CACFP Adult Day Care Centers (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/adultmenubreakhot.pdf>

Sample Hot Breakfast Menus for CACFP Child Care Centers and Homes (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/menubreakhotCACFP.pdf>

## Resource List for Menu Planning and Food Production in Child Nutrition Programs

Sample Hot Lunch and Supper Menus for CACFP Adult Day Care Centers (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/adultmenulunchhot.pdf>

Sample Hot Lunch and Supper Menus for CACFP Child Care Centers and Homes (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/menulunchhotCACFP.pdf>

Sample Snack Menus for CACFP Adult Day Care Centers (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/adultmenusnack.pdf>

Sample Snack Menus for CACFP Child Care Centers and Homes (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/menusnackCACFP.pdf>

Serve Tasty and Healthy Foods in the CACFP Sample Meals for Children Ages 1-2 (USDA):

<https://www.fns.usda.gov/tn/serve-tasty-and-healthy-foods-cacfp-sample-meals-children-ages-1-2>

Serve Tasty and Healthy Foods in the CACFP Sample Meals for Children Ages 3-5 (USDA):

<https://www.fns.usda.gov/tn/serve-tasty-and-healthy-foods-cacfp-sample-meals-children-ages-3-5>

Serve Tasty and Healthy Foods in the CACFP Sample Meals for Children Ages 6-12 and 13-18 (USDA): <https://www.fns.usda.gov/tn/serve-tasty-and-healthy-foods-cacfp-sample-meals-children>

Serve Tasty and Healthy Foods in the CACFP: Sample Meals for Adults (USDA):

<https://www.fns.usda.gov/tn/serve-tasty-and-healthy-foods-cacfp-sample-meals-adults-poster>

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

## Sample School Menus

Sponsors should review all sample menus for compliance with the USDA meal patterns. Older sample menus might not meet the current meal patterns for the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Afterschool Snack Program (ASP) of the NSLP. For information on the USDA's meal patterns for preschoolers and grades K-12 in school nutrition programs, visit the CSDE's webpages, [Meal Patterns for Grades K-12 in School Nutrition Programs](#), [Meal Patterns for Preschoolers in School Nutrition Programs](#), and [Afterschool Snack Program](#).

Afterschool Snack Program Sample Menu for Ages 3-4 (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPsamplemenu34.pdf>

Afterschool Snack Program Sample Menu for Grades K-12 (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPsamplemenuK12.pdf>

Chef Designed School Breakfast (Idaho Department of Education):

<https://www.idahosna.org/Downloads/ChefDesignedBreakfastBook.pdf>

Chef Designed School Lunch (Idaho Department of Education):

[https://www.education.ne.gov/wp-content/uploads/2017/07/Recipes\\_Idaho.pdf](https://www.education.ne.gov/wp-content/uploads/2017/07/Recipes_Idaho.pdf)

Healthier Kansas Menus (Kansas Department of Education):

[https://www.kn-eat.org/SNP/SNP\\_Menus/SNP\\_Resources\\_Healthier\\_Kansas\\_Menus.htm](https://www.kn-eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menus.htm)

Iowa Gold Star Menus and Recipes (Iowa Department of Education):

<https://educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/iowa-gold-star-cycle-menus>

Menus That Move (Ohio Department of Education):

<http://education.ohio.gov/Topics/Student-Supports/Food-and-Nutrition/Resources-and-Tools-for-Food-and-Nutrition/Menus-that-Move>

National School Lunch Program Menu Samples (Florida Department of Agriculture and Consumer Services):

<https://www.fdacs.gov/Food-Nutrition/Nutrition-Programs/National-School-Lunch-Program/Menu-Planning-and-Meal-Service/Menu-Samples>

Summer Feeding Sample Menus (School Nutrition Association):

<https://schoolnutrition.org/6--resources-and-research/archive/summer-feeding-toolkit/summer-feeding-sample-menus/>



# Resource List for Menu Planning and Food Production in Child Nutrition Programs

## Signage and Posters

The inclusion of commercial websites and products is for informational purposes only, and does not constitute approval or endorsement by the CSDE.

1 Terrific Tray (Visualz):

<https://getvisualz.com/collections/search-results?type=product&q=1+terrific+tray&submit=Search>

Build-a-Tray Cafe Kit (Love Your Lunchroom):

<http://loveyourlunchroom.com/build-a-tray-cafe-kit/>

CACFP Meal Pattern Posters (USDA):

<https://www.fns.usda.gov/tn/meal-pattern-posters-cacfp>

Color Your Tray:

<http://coloryourtray.com/>

Commercial Food Systems, Inc:

<http://www.commercialfoodsystems.com/signs/>

Dig In Posters (USDA):

<https://www.fns.usda.gov/tn/dig-posters>

Explain-A-Meal system (Descon):

<https://www.desconinc.com/solutions-for-cafeterias/explain-a-meal/>

Graphics Library (USDA):

<https://www.fns.usda.gov/tn/graphics-library>

John Bennett Creative Solutions for School Marketing:

[http://www.schoolmealsmarketing.com/signage\\_for\\_new\\_regs.html](http://www.schoolmealsmarketing.com/signage_for_new_regs.html)

Lunch Meal Pattern Components Poster (CSDE):

<https://portal.ct.gov/SDE/Nutrition/-/media/SDE/Nutrition/NSLP/OVS/OVSPoster.pdf>

Lunch Offer Versus Serve Poster (CSDE):

<https://portal.ct.gov/SDE/Nutrition/-/media/SDE/Nutrition/NSLP/OVS/lunchposterOVS.pdf>

Marketing Nutrition: School Cafeteria Signage Resources (Cooperative Extension):

<https://healthy-food-choices-in-schools.extension.org/marketing-nutrition-school-cafeteria-signage-resources/>

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NCES Health and Nutrition Education:

<https://ncescatalog.com/>

Offer Versus Serve Posters for Lunch (USDA):

<https://www.fns.usda.gov/tn/offer-versus-serve-national-school-lunch-program-posters>

Offer versus Serve Signage (Colorado Department of Education):

<https://www.cde.state.co.us/nutrition/nationalschoollunchprogramrequirements#offervsserve>

Poster: Did you Drink Your Milk Today? (Dairy Council of California):

[https://www.healthyeating.org/Portals/0/Documents/Schools/MDC/MDC\\_Poster\\_2016.pdf?ver=2017-01-18-093415-767](https://www.healthyeating.org/Portals/0/Documents/Schools/MDC/MDC_Poster_2016.pdf?ver=2017-01-18-093415-767)

Posters (Children's Nutrition Research Center):

<https://www.bcm.edu/departments/pediatrics/sections-divisions-centers/childrens-nutrition-research-center/nutrition-resources/posters>

Posters (ICN Child Nutrition Sharing Site):

<https://theicn.org/cnss/posters/>

Posters and Signs (The Lunch Box):

<https://www.thelunchbox.org/marketing/posters-and-signs/>

Reimbursable Meal Signage (Iowa Department of Education):

[https://educateiowa.gov/pk-12/nutrition-programs/school-meals/communication-tools#Reimbursable\\_Meal\\_Signage](https://educateiowa.gov/pk-12/nutrition-programs/school-meals/communication-tools#Reimbursable_Meal_Signage)

Signage (Wisconsin Department of Public Instruction)

<https://dpi.wi.gov/school-nutrition/program-requirements/menu-planning/signage>

Signage Examples (Public Schools of North Carolina):

<https://childnutrition.ncpublicschools.gov/information-resources/menu-planning-production/signage/signage-examples>

Team Nutrition Posters (USDA): <https://www.fns.usda.gov/tn/posters>

# Resource List for Menu Planning and Food Production in Child Nutrition Programs

## Vegetarian Meals

10 Tips: Healthy Eating for Vegetarians: for Vegetarians (USDA):

<https://www.choosemyplate.gov/ten-tips-healthy-eating-for-vegetarians>

Building a Healthy Vegetarian Meal: Myths and Facts (Academy of Nutrition and Dietetics):

<https://www.eatright.org/food/nutrition/vegetarian-and-special-diets/building-a-healthy-vegetarian-meal-myths-and-facts>

Eating Vegetarian (USDA Nutrition.Gov):

<https://www.nutrition.gov/topics/basic-nutrition/eating-vegetarian>

Feeding Vegan Kids (Vegetarian Resource Group):

<https://www.vrg.org/nutshell/kids.php>

Iron in Vegetarian Diets (Academy of Nutrition and Dietetics):

<https://vegetariannutrition.net/docs/Iron-Vegetarian-Nutrition.pdf>

Lesson 5: Alternate Eating Patterns, Nutrition 101: A Taste of Food and Fitness (ICN):

<https://theicn.org/resources/113/nutrition-101-a-taste-of-food-and-fitness-4th-edition/106975/nutrition-101-participants-workbook.pdf>

Meeting Calcium Recommendations on a Vegan Diet (Academy of Nutrition and Dietetics):

<https://vegetariannutrition.net/docs/Calcium-Vegetarian-Nutrition.pdf>

Position of the Academy of Nutrition and Dietetics: Vegetarian Diets (Journal of the Academy of Nutrition and Dietetics):

<https://www.eatrightpro.org/-/media/eatrightpro-files/practice/position-and-practice-papers/position-papers/vegetarian-diet.pdf>

Vegetarian /Vegan Myths (Academy of Nutrition and Dietetics):

<https://vegetariannutrition.net/docs/Vegetarian-Vegan-Myths.pdf>

Vegetarian Dietitian Resources: Research-based vegetarian diet handouts by registered dietitians (Academy of Nutrition and Dietetics):

<https://vegetariannutrition.net/vegetarian-dietitian-resources/>

Vegetarian Infants (Academy of Nutrition and Dietetics):

<https://vegetariannutrition.net/docs/Vegetarian-Infants.pdf>

Vegetarian Nutrition (Academy of Nutrition and Dietetics):

<https://vegetariannutrition.net/>

Vegetarian Nutrition (USDA National Agricultural Library, Food and Nutrition, Information Center):

<https://www.nal.usda.gov/fnic/vegetarian-nutrition>

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Vegetarian Nutrition for School-Aged Children (Academy of Nutrition and Dietetics):

<https://vegetariannutrition.net/docs/School-Aged-Children-Vegetarian-Nutrition.pdf>

Vegetarian Nutrition for Toddlers and Preschoolers (Academy of Nutrition and Dietetics):

<https://vegetariannutrition.net/docs/Toddlers-Preschoolers-Vegetarian-Nutrition.pdf>

Vegetarian Nutrition Resource List (USDA National Agricultural Library, Food and Nutrition, Information Center): [https://www.nal.usda.gov/sites/default/files/fnic\\_uploads/vegetarian.pdf](https://www.nal.usda.gov/sites/default/files/fnic_uploads/vegetarian.pdf)

Vegetarian Teens (Academy of Nutrition and Dietetics):

<https://vegetariannutrition.net/docs/Teens-Vegetarian-Nutrition.pdf>

Vegetarianism (KidsHealth, Nemours Foundation):

<https://kidshealth.org/en/parents/vegetarianism.html#cat20738>



For more information, visit the CSDE's [Menu Planning for Child Nutrition Programs](#) webpage or contact the [child nutrition staff](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesMenuPlanning.pdf>.

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